I claim:

1. An apparatus for lubricating a raised surface comprising:
    a. an insert, whereby said insert forms a receiving cavity;
    b. a holder for receiving said insert;
2. The apparatus of claim 1 where said raised surface is a sliding glass door track, a window track, a zipper or a snap fastener.
3. The apparatus of claim 1 wherein said insert is made of an absorbent material.
4. The apparatus of claim 1 wherein said insert is made of polymer foams, felt, or cotton.
5. The apparatus of claim 1 wherein said insert is made of felt.
6. The apparatus of claim 1 wherein said insert is separated to form a receiving cavity.
7. The apparatus of claim 1 wherein said insert is separated by manual or mechanical means to form said receiving cavity.

A method of using the apparatus of the present invention involve the steps of:

a. Placing an absorbent insert into the holder;
b. Separating the portions of the absorbent insert such that a receiving cavity is formed;

c. Lubricating absorbent insert;

d. Placing a track, zipper or snap fastener in the receiving cavity;

e. Moving the apparatus in order to lubricate the raised or protruding surface within said receiving cavity; and

f. Operating the lubricated article to ensure increased lubrication and decreased friction.